

SELF-COMPASSION PUBLICATIONS SORTED BY AREA OF STUDY

Area categories (specific articles may be included in multiple area categories)

- **Self-Compassion in Adolescents and Children**
- **Self-Compassion and Aging**
- **Self-Compassion and Athletics**
- **Self-Compassion, Body Image and Eating Behavior**
- **Self-Compassion, Caregiving, and Burnout**
- **Self-Compassion in Clinical Contexts**
- **Self-Compassion, Coping and Resilience**
- **Self-Compassion and Culture**
- **Self-Compassion examined with Experimental Methodologies**
- **Self-Compassion, Family Dynamics, and Attachment**
- **Self-Compassion, Gender and Sexual Orientation**
- **Self-Compassion: General Reviews**
- **Self-Compassion and Health**
- **Self-Compassion and Interpersonal Concerns**
- **Self-Compassion Interventions**
- **Self-Compassion and Mindfulness**
- **Self-Compassion in Mindfulness and Compassion Training**
- **Self-Compassion and Motivation**
- **Self-Compassion and Physiological Functioning**
- **Self-Compassion and Positive Psychology**
- **Self-Compassion and Psychological Wellbeing**
- **Self-Compassion Scale: Translations and Psychometrics**
- **Self-Compassion and Self-Esteem**
- **Self-Compassion and Trauma**
- **Self-Compassion in Work and Professional Contexts**

Self-Compassion in Adolescents and Children

- Akın, U., & Akın, A. (2015). Examining the predictive role of self-compassion on sense of community in Turkish adolescents. *Social Indicators Research*, 123(1), 29-38. [PDF](#)
- Baş, Z., & Dilmaç, B. (2019). Predictive Relationship Between Values, Self-Compassion and Humor Styles of Adolescents. *Research on Education and Psychology*, 3(2), 1-1. [PDF](#)
- Bluth, K., & Blanton, P. W. (2012). Mindfulness and Self-Compassion: Exploring Pathways to Adolescent Emotional Well-Being. *Journal of Child and Family Studies*, 1-12. [PDF](#)
- Bluth, K., & Blanton, P. W. (2014). The influence of self-compassion on emotional well-being among early and older adolescent males and females. *The Journal of Positive Psychology*, (ahead-of-print), 1-12. [PDF](#)
- Bluth, K., Campo, R. A., Futch, W. S., & Gaylord, S. A. (2016). Age and gender differences in the associations of self-compassion and emotional well-being in a large adolescent sample. *Journal of youth and adolescence*, 1-14. [PDF](#)
- Bluth, K., & Eisenlohr-Moul, T. A. (2017). Response to a mindful self-compassion intervention in teens: A within-person association of mindfulness, self-compassion, and emotional well-being outcomes. *Journal of Adolescence*, 57, 108-118. [PDF](#)
- Bluth, K., Gaylord, S. A., Campo, R. A., Mullarkey, M. C., & Hobbs, L. (2015). Making Friends with Yourself: A Mixed Methods Pilot Study of a Mindful Self-Compassion Program for Adolescents. *Mindfulness*, 1-14. [PDF](#)
- Bluth, K., Mullarkey, M., & Lathren, C. (2018). Self-compassion: A potential path to adolescent resilience and positive exploration. *Journal of Child and Family Studies*, 27(9), 3037-3047. [PDF](#)
- Bluth, K., Roberson, P. N., & Gaylord, S. A. (2015). A Pilot Study of a Mindfulness Intervention for Adolescents and the Potential Role of Self-Compassion in Reducing Stress. *Explore (New York, NY)*. [PDF](#)
- Bluth, K., Roberson, P. N., Gaylord, S. A., Faurot, K. R., Grewen, K. M., Arzon, S., & Girdler, S. S. (2015). Does Self-Compassion Protect Adolescents from Stress?. *Journal of Child and Family Studies*, 1-12. [PDF](#)
- Çağlar, A., & Taş, B. (2018). The analysis of the relationship between bereavement degrees of adolescents who have lost their parents and their self-compassion. *Research on Education and Psychology*, 2(2), 144-155. [PDF](#)
- Campo, R. A., Bluth, K., Santacrose, S. J., Knapik, S., Tan, J., Gold, S., ... & Asher, G. N. (2017). A mindful self-compassion videoconference intervention for nationally recruited posttreatment young adult cancer survivors: feasibility, acceptability, and psychosocial outcomes. *Supportive Care in Cancer*, 25(6), 1759-1768. [PDF](#)
- Castilho, P., Carvalho, S. A., Marques, S., & Pinto-Gouveia, J. (2016). Self-Compassion and Emotional Intelligence in Adolescence: A Multigroup Mediation Study of the Impact of Shame Memories on Depressive Symptoms. *Journal of Child and Family Studies*, 1-10. [PDF](#)
- Chishima, Y., Mizuno, M., Sugawara, D., & Miyagawa, Y. (2018). The Influence of Self-Compassion on Cognitive Appraisals and Coping with Stressful

- Events. *Mindfulness*, 1-9. [PDF](#)
- Chu, X. W., Fan, C. Y., Liu, Q. Q., & Zhou, Z. K. (2018). Cyberbullying victimization and symptoms of depression and anxiety among Chinese adolescents: Examining hopelessness as a mediator and self-compassion as a moderator. *Computers in Human Behavior*. [PDF](#)
- Cunha, M., Xavier, A., & Castilho, P. (2016). Understanding self-compassion in adolescents: Validation study of the self-compassion scale. *Personality and Individual Differences*, 93, 56-62. [PDF](#)
- de Bruin, E. I., van der Zwan, J. E., & Bögels, S. M. (2016). A RCT comparing daily mindfulness meditations, biofeedback exercises, and daily physical exercise on attention control, executive functioning, mindful awareness, self-compassion, and worrying in stressed young adults. *Mindfulness*, 7(5), 1182-1192. [PDF](#)
- Donald, J. N., Ciarrochi, J., Parker, P. D., Sahdra, B. K., Marshall, S. L., & Guo, J. (2017). A worthy self is a caring self: Examining the developmental relations among self-esteem and self-compassion in adolescents. *Journal of Personality*. [PDF](#)
- Donovan, E., Rodgers, R. F., Cousineau, T. M., McGowan, K. M., Luk, S., Yates, K., & Franko, D. L. (2016). Brief report: Feasibility of a mindfulness and self-compassion based mobile intervention for adolescents. *Journal of Adolescence*, 53, 217-221. [PDF](#)
- Edwards, M., Adams, E. M., Waldo, M., Hadfield, O. D., & Biegel, G. M. (2014). Effects of a Mindfulness Group on Latino Adolescent Students: Examining Levels of Perceived Stress, Mindfulness, Self-Compassion, and Psychological Symptoms. *The Journal for Specialists in Group Work*, 39(2), 145-163. [PDF](#)
- Eke, A., Adam, M., Kowalski, K., & Ferguson, L. (2019). Narratives of adolescent women athletes' body self-compassion, performance and emotional well-being. *Qualitative Research in Sport, Exercise and Health*, 1-17. [PDF](#)
- Ferrari, M., Yap, K., Scott, N., Einstein, D. A., & Ciarrochi, J. (2018). Self-compassion moderates the perfectionism and depression link in both adolescence and adulthood. *PloS one*, 13(2), e0192022. [PDF](#)
- Fong, R. W., & Cai, Y. (2019). Perfectionism, self-compassion and test-related hope in Chinese primary school students. *The Asia-Pacific Education Researcher*, 1-10. [PDF](#)
- Galla, B. M. (2016). Within-person changes in mindfulness and self-compassion predict enhanced emotional well-being in healthy, but stressed adolescents. *Journal of Adolescence*, 49, 204-217. [PDF](#)
- Gilbert, P., & Irons, C. (2009). Shame, self-criticism and self-compassion in adolescence. *Adolescent emotional development and the emergence of depressive disorders*, 195-214. [PDF](#)
- Gill, C., Watson, L., Williams, C., & Chan, S. W. (2018). Social anxiety and self-compassion in adolescents. *Journal of adolescence*, 69, 163-174. [PDF](#)
- Gouveia, M. J., Canavarro, M. C., & Moreira, H. (2018). Is mindful parenting associated with adolescents' emotional eating? The mediating role of adolescents' self-compassion and body shame. *Frontiers in Psychology*, 9, 2004. [PDF](#)
- Gouveia, M. J., Canavarro, M. C., & Moreira, H. (2019). Associations between Mindfulness, Self-Compassion, Difficulties in Emotion Regulation, and Emotional

- Eating among Adolescents with Overweight/Obesity. *Journal of Child and Family Studies*, 28(1), 273-285. [PDF](#)
- Gummelt, G. S. (2017). The Emotional Needs of Women in Sports: An Exploration of Self-Efficacy, Self-Compassion, and Self-Conscious Emotions. *Journal of Issues in Intercollegiate Athletics*, 1, 57-71. [PDF](#)
- Játiva, R., & Cerezo, M. (2014). The mediating role of self-compassion in the relationship between victimization and psychological maladjustment in a sample of adolescents. *Child Abuse & Neglect*, doi:10.1016/j.chiabu.2014.04.005 [PDF](#)
- Jiang, Y., You, J., Hou, Y., Du, C., Lin, M. P., Zheng, X., & Ma, C. (2016). Buffering the effects of peer victimization on adolescent non-suicidal self-injury: the role of self-compassion and family cohesion. *Journal of Adolescence*, 53, 107-115. [PDF](#)
- Jiang, Y., You, J., Ren, Y., Sun, R., Liao, S., Zhu, J., & Ma, N. (2017). Brief report: A preliminary comparison of self-compassion between adolescents with nonsuicidal self-injury thoughts and actions. *Journal of Adolescence*, 59, 124-128. [PDF](#)
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- Marshall, S. L., Ciarrochi, J., Parker, P. D., & Sahdra, B. K. (2019). Is Self-Compassion Selfish? The Development of Self-Compassion, Empathy, and Prosocial Behavior in Adolescence. *Journal of Research on Adolescence*. [PDF](#)
- Marshall, S. L., Parker, P. D., Ciarrochi, J., Sahdra, B., Jackson, C. J., & Heaven, P. C. (2015). Self-compassion protects against the negative effects of low self-esteem: A longitudinal study in a large adolescent sample. *Personality and Individual Differences*, 74, 116-121. [PDF](#)
- Moreira, H., Gouveia, M. J., & Canavarro, M. C. (2018). Is Mindful Parenting Associated with Adolescents' Well-being in Early and Middle/Late Adolescence? The Mediating Role of Adolescents' Attachment Representations, Self-Compassion and Mindfulness. *Journal of youth and adolescence*, 1-18. [PDF](#)
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- Muris, P., Otgaar, H., Meesters, C., Heutz, A., & van den Hombergh, M. (2019). Self-compassion and Adolescents' Positive and Negative Cognitive Reactions to Daily Life Problems. *Journal of Child and Family Studies*, 28(5), 1433-1444. [PDF](#)
- Muris, P., van den Broek, M., Otgaar, H., Oudenhoven, I., & Lennartz, J. (2018). Good and bad sides of self-compassion: a face validity check of the self-compassion scale

- and an investigation of its relations to coping and emotional symptoms in non-clinical adolescents. *Journal of child and family studies*, 27(8), 2411-2421. [PDF](#)
- Neff, K. D. & McGeehee, P. (2010). Self-compassion and psychological resilience among adolescents and young adults. *Self and Identity*, 9, 225-240. [PDF](#)
- Peter, D., & Gazelle, H. (2017). Anxious Solitude and Self-Compassion and Self-Criticism Trajectories in Early Adolescence: Attachment Security as a Moderator. *Child Development*. [PDF](#)
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- Rodgers, R. F., Donovan, E., Cousineau, T., Yates, K., McGowan, K., Cook, E., ... & Franko, D. L. (2018). BodiMojo: Efficacy of a Mobile-Based Intervention in Improving Body Image and Self-Compassion among Adolescents. *Journal of youth and adolescence*, 1-10. [PDF](#)
- Rodgers, R. F., Franko, D. L., Donovan, E., Cousineau, T., Yates, K., McGowan, K., ... & Lowy, A. S. (2017). Body image in emerging adults: The protective role of self-compassion. *Body image*, 22, 148-155. [PDF](#)
- Sabaitytė, E., & Diržytė, A. (2016). Psychological capital, self-compassion, and life satisfaction of unemployed youth. *International journal of psychology: a biopsychosocial approach*, 2016,[Vol.] 19, p. 49-69. [PDF](#)
- Saksena, T., & Sharma, R. (2016). Yoga as a Predictor of Self-Compassion in Adolescents—Endeavors for Positive Growth and Development. *The International Journal of Indian Psychology*, Volume 3, Issue 3, No. 7, 85. [PDF](#)
- Shin, H. S., Black, D. S., Shonkoff, E. T., Riggs, N. R., & Pentz, M. A. (2016). Associations Among Dispositional Mindfulness, Self-Compassion, and Executive Function Proficiency in Early Adolescents. *Mindfulness*, 7(6), 1377-1384. [PDF](#)
- Stolow, D., Zuroff, D. C., Young, J. F., Karlin, R. A., & Abela, J. R. (2016). A prospective examination of self-compassion as a predictor of depressive symptoms in children and adolescents. *Journal of Social and Clinical Psychology*, 35(1), 1-20. [PDF](#)
- Sun, X., Chan, D. W., & Chan, L. K. (2016). Self-compassion and psychological well-being among adolescents in Hong Kong: Exploring gender differences. *Personality and Individual Differences*, 101, 288-292. [PDF](#)
- Tanaka, M., Wekerle, C., Schmuck, M. L., Paglia-Boak, A., MAP Research Team (2011). The linkages among childhood maltreatment, adolescent mental health, and self-compassion in child welfare adolescents. *Child Abuse & Neglect*, 35, 887-898. [PDF](#)
- Vigna, A. J., Poehlmann-Tynan, J., & Koenig, B. W. (2017). Does Self-Compassion Facilitate Resilience to Stigma? A School-Based Study of Sexual and Gender Minority Youth. *Mindfulness*, 1-11. [PDF](#)
- Xavier, A., Gouveia, J. P., & Cunha, M. (2016). Non-suicidal Self-Injury in Adolescence: The Role of Shame, Self-Criticism and Fear of Self-Compassion. In *Child & Youth Care Forum* (pp. 1-16). Springer US. 10.1007/s10566-016-934-1 [PDF](#)
- Xavier, A., Pinto-Gouveia, J., & Cunha, M. (2016). The Protective Role of Self-Compassion on Risk Factors for Non-suicidal Self-Injury in Adolescence. *School Mental Health*, 8(4), 476-485. [PDF](#)

- Yang, Y., Guo, Z., Kou, Y., & Liu, B. (2019). Linking Self-Compassion and Prosocial Behavior in Adolescents: The Mediating Roles of Relatedness and Trust. *Child Indicators Research*, 1-15. [PDF](#)
- Zeller, M., Yuval, K., Nitzan-Assayag, Y., & Bernstein, A. (2014). Self-compassion in recovery following potentially traumatic stress: longitudinal study of at-risk youth. *Journal of abnormal child psychology*, 1-9. [PDF](#)

Self-Compassion and Aging

- Allen, A. B., Goldwasser, E. R., & Leary, M. R. (2012). Self-compassion and wellbeing among older adults. *Self and Identity*, DOI: 10.1080/15298868.2011.595082. [PDF](#)
- Allen, A., & Leary, M. R. (2013). A self-compassionate response to aging. *The Gerontologist*, doi:10.1093/geront/gns204 [PDF](#)
- Bratt, A., & Fagerström, C. (2019). Self-compassion in old age: confirmatory factor analysis of the 6-factor model and the internal consistency of the Self-compassion scale-short form. *Aging & mental health*, 1-7. [PDF](#)
- Brown, L., Bryant, C., Brown, V., Bei, B., & Judd, F. (2015). Self-compassion, attitudes to ageing and indicators of health and well-being among midlife women. *Aging & mental health*, 1-9. [PDF](#)
- Brown, L., Bryant, C., Brown, V., Bei, B., & Judd, F. (2015). Investigating how menopausal factors and self-compassion shape well-being: An exploratory path analysis. *Maturitas*, 81(2), 293-299. [PDF](#)
- Brown, L., Bryant, C., Brown, V. M., Bei, B., & Judd, F. K. (2014). Self-Compassion Weakens the Association between Hot Flashes and Night Sweats and Daily Life Functioning and Depression. *Maturitas*. [PDF](#)
- Brown, L., Huffman, J. C., & Bryant, C. (2018). Self-compassionate aging: A systematic review. *The Gerontologist*, 59(4), e311-e324. [PDF](#)
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- Homan, K. J. (2016). Secure attachment and eudaimonic well-being in late adulthood: The mediating role of self-compassion. *Aging & mental health*, 1-8. [PDF](#)
- Homan, K. J. (2016). Self-Compassion and Psychological Well-Being in Older Adults. *Journal of Adult Development*, 23(2), 111-119. [PDF](#)
- Hwang, S., Kim, G., Yang, J. W., & Yang, E. (2016). The Moderating Effects of Age on the Relationships of Self-Compassion, Self-Esteem, and Mental Health. *Japanese Psychological Research*. [PDF](#)
- Imtiaz, S. (2016). Rumination, Optimism, and Psychological Well-Being among the Elderly: Self-Compassion as a Predictor. *Journal of Behavioural Sciences*, 26(1), 32. [PDF](#)
- Kim, C., & Ko, H. (2018). The impact of self-compassion on mental health, sleep, quality of life and life satisfaction among older adults. *Geriatric Nursing*, 39(6), 623-628. [PDF](#)
- Perez-Blasco, J., Sales, A., Meléndez, J. C., & Mayordomo, T. (2016). The Effects of Mindfulness and Self-compassion on Improving the Capacity to Adapt to Stress

- Situations in Elderly People Living in the Community. *Clinical Gerontologist*, 39, 90-103. [PDF](#)
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- Shea, J. L. (2014). Revolutionary narratives of self-compassion among older women in post-Mao Beijing. *Anthropology & medicine*, 21(1). [PDF](#)
- Smith, J. L. (2015). Self-Compassion and Resilience in Senior Living Residents. *Seniors Housing & Care Journal*, 23(1). [PDF](#)
- Stevens, B. A. (2016). Mindful self-compassion for chaplains and aged care workers. *Journal of Religion, Spirituality & Aging*, 1-9. [PDF](#)

Self-Compassion and Athletics

- Arts-de Jong, M., van Westerop, L. L., Hoogerbrugge, N., Massuger, L. F., Maas, A. H., van Beek, M. H., & de Hullu, J. A. (2018). Self-compassion, physical fitness and climacteric symptoms in oophorectomized BRCA1/2 mutation carriers. *Maturitas*, 108, 13-17. [PDF](#)
- Barczak, N., & Eklund, R. C. (2018). The moderating effect of self-compassion on relationships between performance and subsequent coping and motivation. *International Journal of Sport and Exercise Psychology*, 1-13. [PDF](#)
- Berry, K. A., Kowalski, K. C. Ferguson, L. J. & McHugh, T. F. (2011). An empirical phenomenology of young adult women exercisers body self-compassion. *Qualitative Research in Sport and Exercise*, 2, 293–312 [PDF](#)
- Ceccarelli, L., Giuliano, R. J., Glazebrook, C., & Strachan, S. (2019). Self-compassion and psycho-physiological recovery from recalled sport failure. *Frontiers in Psychology*, 10, 1564. [PDF](#)
- Crews, D. A., Stolz-Newton, M., & Grant, N. S. (2016). The use of yoga to build self-compassion as a healing method for survivors of sexual violence. *Journal of Religion & Spirituality in Social Work: Social Thought*, 35(3), 139-156. [PDF](#)
- Crozier, A. J., Mosewich, A. D., & Ferguson, L. J. (2019). The company we keep: Exploring the relationship between perceived teammate self-compassion and athlete self-compassion. *Psychology of Sport and Exercise*, 40, 152-155. [PDF](#)
- Ferguson, L. J., Kowalski, K. C., Mack, D. E., & Sabiston, C. M. (2014). Exploring self-compassion and eudaimonic well-being in young women athletes. *Journal of sport & exercise psychology*, 36(2), 203-216. [PDF](#)
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- Fontana, M. S., Fry, M. D., & Cramer, E. (2017). Exploring the Relationship Between Athletes' Perceptions of the Motivational Climate to Their Compassion, Self-Compassion, Shame, and Pride in Adult Recreational Sport. *Measurement in Physical Education and Exercise Science*, 21(2), 101-111. [PDF](#)
- Gard, T., Brach, N., Holzel, B. K., Noggle, J. J. & Conboy, L. A. (2012). Effects of a yoga-based intervention for young adults on quality of life and perceived stress:

- The potential mediating roles of mindfulness and self-compassion. *Journal of Positive Psychology*, 7(3), 165-175. [PDF](#)
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- Hallion, M., Taylor, A., Roberts, R., & Ashe, M. (2018). Exploring the association between physical activity participation and self-compassion in middle-aged adults. *Sport, Exercise, and Performance Psychology*. [PDF](#)
- Hilliard, R. C., Redmond, L. A., & Watson, J. C. (2019). The Relationships Among Self-Compassion, Stigma, and Attitudes Toward Counseling in Student-Athletes. *Journal of Clinical Sport Psychology*, 13(3), 374-389. [PDF](#)
- Huysmans, Z., & Clement, D. (2017). A Preliminary Exploration of the Application of Self-Compassion Within the Context of Sport Injury. *Journal of Sport and Exercise Psychology*, 1-32. [PDF](#)
- Ingstrup, M. S., Mosewich, A. D., & Holt, N. (2017). The Development of Self-Compassion Among Women Varsity Athletes. *The Sport Psychologist*, 1-42. [PDF](#)
- Jeon, H., Lee, K., & Kwon, S. (2016). Investigation of the Structural Relationships Between Social Support, Self-Compassion, and Subjective Well-Being in Korean Elite Student Athletes. *Psychological Reports*, 119(1), 39-54. [PDF](#)
- Killham, M. E., Mosewich, A. D., Mack, D. E., Gunnell, K. E., & Ferguson, L. J. (2018). Women athletes' self-compassion, self-criticism, and perceived sport performance. *Sport, Exercise, and Performance Psychology*, 7(3), 297. [PDF](#)
- Koç, H. E., & Ermiş, E. (2016). Self-compassion as a predictor of social physique anxiety in athletes. *Journal of Human Sciences*, 13(3), 5214-5222. [PDF](#)
- Magnus, C. M. R., Kowalski, K. C., & McHugh, T. L. F. (2010). The role of self-compassion in womens self-determined motives to exercise and exercise-related outcomes. *Self & Identity*. 9, 363-382. [PDF](#)
- Mazahreh, J., & Al Awamleh, A. (2016). The relationship between mindfulness, self-compassion and the level of skill performance of gymnastics players. *Sport Science*, 9(2), 29-33. [PDF](#)
- Mosewich, A. D., Crocker, P. E., Kowalski, K. C., & DeLongis, A. (2013). Applying self-compassion in sport: an intervention with women athletes. *Journal Of Sport & Exercise Psychology*, 35(5), 514-524. [PDF](#)
- Mosewich, A. D., Kowalski, K. C., Sabiston, C. M., Sedgwick, W. A., & Tracy, J. L. (2011). Self-compassion: A potential resource for young women athletes. *Journal of Sport & Exercise Psychology*, 33, 103-123. [PDF](#)
- Mosewich, A. D., Ferguson, L. J., McHugh, T. L. F., & Kowalski, K. C. (2019). Enhancing capacity: Integrating self-compassion in sport. *Journal of Sport Psychology in Action*, 1-9. [PDF](#)
- Mosewich, A. D., Sabiston, C. M., Kowalski, K. C., Gaudreau, P., & Crocker, P. R. (2019). Self-Compassion in the Stress Process in Women Athletes. *The Sport Psychologist*, 33(1), 23-34. [PDF](#)
- Nedeljkovic M., Wirtz, P. H. & Ausfeld-Hafter, B. (2012). Effects of Taiji practice on mindfulness and self-compassion in healthy participants—A randomized controlled trial. *Mindfulness*. DOI 10.1007/s12671-012-0092-7 [PDF](#)
- Reis, N. A., Kowalski, K. C., Ferguson, L. J., Sabiston, C. M., Sedgwick, W. A., &

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- Sutherland, L. M., Kowalski, K. C., Ferguson, L. J., Sabiston, C. M., Sedgwick, W. A., & Crocker, P. R. (2014). Narratives of young women athletes' experiences of emotional pain and self-compassion. *Qualitative research in sport, exercise and health*, 6(4), 499-516. doi: 10.1080/2159676X.2014.888587 [PDF](#)
- Voelker, D. K., Petrie, T. A., Huang, Q., & Chandran, A. (2019). Bodies in Motion: An empirical evaluation of a program to support positive body image in female collegiate athletes. *Body image*, 28, 149-158. [PDF](#)
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Self-Compassion, Body Image and Eating Behavior

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Self-Compassion, Caregiving, and Burnout

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